



STATE OF ALABAMA DEPARTMENT OF  
**PUBLIC HEALTH**

**SCALE BACK ALABAMA (60 SECONDS)**

Did you know that approximately seventy percent of Alabamians are considered overweight or obese? Losing weight is hard for everyone, but Scale Back Alabama might be just the weight-loss tool that you've been looking for.

This is Acting State Health Officer, Doctor Scott Harris. Scale Back Alabama is a free, ten week statewide weight loss competition that will help you fight the battle with obesity and develop lifelong healthy habits.

Since the first competition in 2007, Alabamians have lost more than one million pounds! Our goal for the programs 12<sup>th</sup> anniversary in 2018 is to see people in every county throughout the state participate, establish healthier lifestyles and lose more weight. Scale Back Alabama starts in January with cash prize drawings in April. Scalebackalabama-dot-com provides useful tips and resources to help guide participants through the journey.

The program is sponsored by the Alabama Hospital Association, Blue Cross Blue Shield of Alabama and the Alabama Department of Public Health.

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